



## Mini Cracker Sandwiches

READY IN



10 min.

SERVINGS



10

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

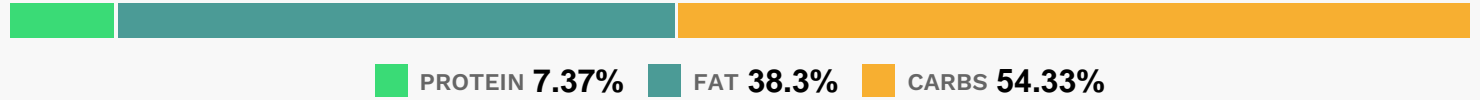
- 2 slices oscar mayer beef bologna
- 6 slices cucumber peeled
- 2 singles kraft
- 2 Tbsp miracle whip dressing
- 1 large plum tomatoes cut into 6 slices
- 12 ritz crackers

## Equipment

## Directions

- Spread crackers with dressing.
- Cut 3 small circles from each of the Singles and bologna slices to fit onto crackers.
- Fill crackers with 1 Singles circle, 1 bologna circle and remaining ingredients to make 6 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:5.3, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.83956522429767%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 22.82kcal (1.14%), Fat: 0.98g (1.51%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.86g (0.95%), Cholesterol: 0.46mg (0.15%), Sodium: 60.09mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin K: 2.6µg (2.47%), Manganese: 0.03mg (1.48%), Phosphorus: 14.52mg (1.45%), Vitamin B1: 0.02mg (1.31%), Vitamin A: 61.21IU (1.22%), Vitamin C: 0.98mg (1.19%), Vitamin B3: 0.22mg (1.11%), Iron: 0.19mg (1.08%), Vitamin E: 0.16mg (1.07%), Folate: 4.12µg (1.03%)